



Langone Medical Center  
Trinity Center

## Preparation for Colonoscopy with Suprep

You are scheduled to have a colonoscopy on \_\_\_\_\_ at \_\_\_\_\_.  
(day/date) (time)

It is essential that your large intestine is free of stool. It is very important that you follow the instructions below carefully.

**Fill your prescription at the pharmacy:** Suprep Bowel Prep Kit

**1 day before your colonoscopy:** You must remain on a clear liquied diet the entire day before your procedure. Clear liquid include: Water, Strained Fruit Juices (without pulp) including apple, white grape or white cranberry, Limeade or lemonade, Coffee or tea (do not use any dairy or non-dairy creamer, you may use sugar or lemon), Chicken broth, soda, Gatorade (Yellow only), popsicles (no red or purple), jell-o (no red or purple). Please do not have any dairy products or anything red or purple in color.

**Beginning at 6 pm on the day before your colonoscopy** pour one of the 6-ounce bottles of SUPREP liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink ALL the liquid in the container. You MUST drink TWO more 16-ounce containers of water over the next 1 hour. (Fill the cup up 2 more times with plain water and drink).

**Beginning 6 hours before your colonoscopy** pour the remaining 6-ounce bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink ALL the liquid in the container. You MUST drink TWO more 16-ounce containers of water **over the next 1 hour**. (Fill the cup up 2 more times with plain water and drink).

**Day of Colonoscopy: Remember**

Nothing to eat or drink before the exam except the prep!